How to update ubuntu from the terminal

1.
```
wanda@DevWorld:~$ sudo apt update
```
   a. Enter your password when prompted

```
[sudo] password for wanda:
Hit:1 http://us.archive.ubuntu.com/ubuntu jammy InRelease
Get:2 http://us.archive.ubuntu.com/ubuntu jammy-updates InRelease [119 kB]
Get:3 http://security.ubuntu.com/ubuntu jammy-security InRelease [110 kB]
Hit:4 http://us.archive.ubuntu.com/ubuntu jammy-backports InRelease
Fetched 229 kB in 3s (77.0 kB/s)
Reading package lists... Done
Building dependency tree... Done
Reading state information... Done
210 packages can be upgraded. Run 'apt list --upgradable' to see them.
```
2.
```
wanda@DevWorld:~$ sudo apt upgrade
Reading package lists... Done
Building dependency tree... Done
Reading state information... Done
Calculating upgrade... Done
The following NEW packages will be installed:
  linux-headers-6.2.0-39-generic linux-hwe-6.2-headers-6.2.0-39 linux-image-6.2.0-39-generic
  linux-modules-6.2.0-39-generic linux-modules-extra-6.2.0-39-generic ubuntu-pro-client-l10n
The following packages have been kept back:
  gjs libgjs0g python3-update-manager update-manager update-manager-core
The following packages will be upgraded:
  alsa-ucm-conf amd64-microcode apparmor apt apt-utils avahi-autoipd avahi-daemon avahi-utils
  bind9-dnsutils bind9-host bind9-libs binutils binutils-common binutils-x86-64-linux-gnu bluez
  bluez-cups bluez-obexd cups cups-bsd cups-client cups-common cups-core-drivers cups-daemon
  cups-ipp-utils cups-ppdc cups-server-common distro-info distro-info-data evince evince-common
  file firmware-sof-signed fonts-noto-color-emoji fonts-opensymbol ghostscript ghostscript-x
  gir1.2-javascriptcoregtk-4.0 gir1.2-mutter-10 gir1.2-webkit2-4.0 gnome-control-center
  gnome-control-center-data gnome-control-center-faces gnome-remote-desktop grub-efi-amd64-bin
  grub-efi-amd64-signed initramfs-tools initramfs-tools-bin initramfs-tools-core intel-microcode
  irqbalance libapparmor1 libapt-pkg6.0 libavahi-client3 libavahi-common-data libavahi-common3
  libavahi-core7 libavahi-glib1 libavahi-ui-gtk3-0 libbinutils libbluetooth3 libc-bin libc-dev-bin
  libc-devtools libc6 libc6-dbg libc6-dev libcryptsetup12 libctf-nobfd0 libctf0 libcue2 libcups2
  libcupsimage2 libcurl3-gnutls libcurl4 libevdocument3-4 libevview3-3 libflac8 libfprint-2-2
  libfreerdp-client2-2 libfreerdp-server2-2 libfreerdp2-2 libgnutls30 libgs9 libgs9-common
  libgssapi-krb5-2 libjavascriptcoregtk-4.0-18 libjson-c5 libk5crypto3 libkrb5-3 libkrb5support0
  libldap-2.5-0 libldap-common libmagic-mgc libmagic1 libmutter-10-0 libnetplan0 libnghttp2-14
  libnss-systemd libpam-systemd libperl5.34 libpoppler-cpp0v5 libpoppler-glib8 libpoppler118
  libprocps8 libpython3.10 libpython3.10-minimal libpython3.10-stdlib libreoffice-base-core
  libreoffice-calc libreoffice-common libreoffice-core libreoffice-draw libreoffice-gnome
  libreoffice-gtk3 libreoffice-help-common libreoffice-help-en-us libreoffice-impress
  libreoffice-math libreoffice-ogltrans libreoffice-pdfimport libreoffice-style-breeze
  libreoffice-style-colibre libreoffice-style-elementary libreoffice-style-yaru libreoffice-writer
  libsgutils2-2 libsmbclient libsndfile1 libsqlite3-0 libssh-4 libssl3 libsystemd0 libtiff5
  libudev1 libuno-cppu3 libuno-cppuhelpergcc3-3 libuno-purpenvhelpergcc3-3 libuno-sal3
  libuno-salhelpergcc3-3 libvpx7 libwbclient0 libwebkit2gtk-4.0-37 libwebp7 libwebpdemux2
  libwebpmux3 libwinpr2-2 libx11-6 libx11-data libx11-xcb1 libxpm4 libyajl2 linux-firmware
  linux-generic-hwe-22.04 linux-headers-generic-hwe-22.04 linux-image-generic-hwe-22.04
  linux-libc-dev locales mokutil mutter-common netplan.io openssh-client openssl openvpn perl
  perl-base perl-modules-5.34 poppler-utils procps python3-cryptography python3-distro-info
  python3-software-properties python3-uno python3-urllib3 python3.10 python3.10-minimal samba-libs
  software-properties-common software-properties-gtk systemd systemd-hwe-hwdb systemd-oomd
  systemd-sysv systemd-timesyncd tar thermald thunderbird thunderbird-gnome-support
  thunderbird-locale-en thunderbird-locale-en-us tracker-extract tracker-miner-fs
  ubuntu-advantage-tools ubuntu-drivers-common udev uno-libs-private ure vim-common vim-tiny
  xserver-common xserver-xephyr xserver-xorg-core xserver-xorg-legacy xserver-xorg-video-amdgpu
  xwayland xxd
205 upgraded, 6 newly installed, 0 to remove and 5 not upgraded.
153 standard LTS security updates
Need to get 721 MB of archives.
After this operation, 737 MB of additional disk space will be used.
Do you want to continue? [Y/n]
```
3.
   a. Type "y" to start downloading.